



**Kimberly King**  
**SCHOOL CHAPLAIN**

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## **What's been happening**

We have had a couple weeks of talking about what it is to be a friend and what they can give to others to be a good friend. We have had some good little chats about what friendship can look like. Last week we put our friendship chats on hold for a few weeks while we start on some Father's Day surprises.

## **Resources**

Being a parent can come with a heavy load and it's not always easy to carry it all alone, so if you need support call Parentline, it's a free counselling service.

How can they help?

- Help you work through what is worrying you
- Identify and Strengthen ways to increase your families social and emotional wellbeing
- Find other culturally appropriate services and information to help you
- Parentline offers Language interpreting – just ask when you make the call.

What can you talk about?

- All things parenting
- Relationships in your family
- Family break ups
- Mental, social and emotional wellbeing

**Parentline: 1300 30 1300**

**Website: [parentline.com.au](https://parentline.com.au) (webchat)**

Feel free to reach out to me for a chat anytime, my email is [Kimberly.King@suchaplaincy.org.au](mailto:Kimberly.King@suchaplaincy.org.au)

**Thank You**